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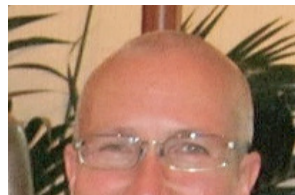
## In this Issue

- Guest Speakers: Ayya Anadabodi & Sister Jayati, Saranaloaka Foundation. Jan 5
- Sangha Council, Saturday Jan 5 @ 12:30p
- Asian Art Museum Outing. Sunday, Jan 6
- Study Hour & Other Upcoming Events
- Guest Speaker: Rosalie Curtis, Jan 12

Join us for a dharma talk and bag lunch with  
**Ayya Anadabodi & Sister Jayati,**  
**Saranaloaka Foundation**  
 Jan 5, 2013 @ 10:15 am after zazen

8:30 am -- Brief meditation instruction (drop-in)  
 9:25 am -- Zazen (meditation) in downstairs zendo  
 10:15 am -- **Dharma talk** in zendo  
 11:00 am -- Bag lunch, refreshments and discussion  
 12:30 pm -- **Sangha Council**

Everyone is invited to bring their lunch and we will be eating together with the nuns immediately after the talk. In the



**Please help support our temple and its many programs.**

**Hartford Street Zen Center is a 501(c)(3) nonprofit organization. Donations are tax-deductible.**

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## Regular Schedule

### Monday to Friday

6:00 am Zazen  
 (seated meditation)  
 6:40 am Kinhin  
 (walking meditation)  
 6:50 am Zazen  
 7:20 am Chanting  
 7:40 am Soji

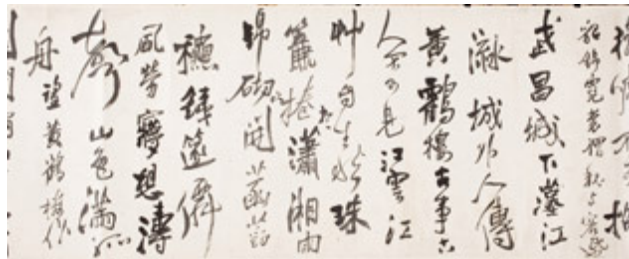
Thai Forest tradition, monks and nuns observe the "one eaters practice" whereby they only eat before noon.



Ayya Anandabodhi has practiced meditation since 1989, and lived in Amaravati and Chithurst Monasteries in the United Kingdom for 18 years. These communities were founded by Venerable Ajahn Sumedho, the foremost western disciple of the Venerable Ajahn Chah, a meditation master of the [Thai Forest Tradition](#).

In 2009 she moved to the U.S. on invitation of the [Saranaloka Foundation](#), to help establish Aloka Vihara, a training monastery for women, where she now resides. She took leave of the Ajahn Chah lineage in 2011, in order to take full bhikkhuni ordination. The teachings and example of Ajahn Chah continue to be an influence and inspiration in her practice and teaching.

### **Sangha Outing to the Asian Art Museum Sunday, January 6, 10:30 am**



Join us as we explore the Asian Art Museum's collection, including the special exhibit [Out of](#)

(brief temple cleaning)

6:00 pm Zazen  
6:40 pm Chanting

#### **Saturday Morning**

6:30 am Zazen  
7:10 am Chanting  
7:25 am Soji  
8:30 am Drop-in instruction  
9:25 am Zazen  
10:15 am Dharma Talk  
11:00 am Refreshments  
+ discussion

Hartford Street Zen Center is a neighborhood temple and residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi.

#### **[HIV Meditation Group](#)**

*weekly meditation group for those living with HIV, their friends, families & community supporters*  
Thursdays and Fridays  
10:30 am zazen  
11:00 am socializing

#### **[Meditation in Recovery \(Women-only\)](#)**

*monthly meditation group for women in recovery from addiction*  
First Thursdays  
7:15 pm - 8:45 pm

#### **[Meditation in Recovery](#)**

[Character:](#) *Decoding Chinese Calligraphy.*

Museum admission is **free**.

We will meet outside the museum gift shop at 10:30am and tour galleries until noon then break for lunch in the museum cafe. The museum offers "The Buddha: Art and Culture" -- a 45 minute docent tour -- at 12:30 pm.

The museum's 2nd and 3rd floor galleries feature more than 2,000 artworks and offer a comprehensive introduction to all the major cultures of Asia. Winding through all the galleries are three major themes: the development of Buddhism; trade and cultural exchange; and local beliefs and practices

### **Guest Speaker: Anshin Rosalie Curtis**

Jan 12th @ 10:15 am

Curtis completed her shuso training as a lay practitioner in 2004, was ordained as a priest a year later, and received Dharma transmission from Dairyu Michael Wenger in 2011. Currently she is the tanto, head of practice, at San Francisco Zen Center's City Center.

### **Study Hour**

Thursdays at 7:30 pm

\*\* cancelled December 27

We are currently reading *The Book of Serenity* -- a collection of 100 koans compiled in China in the 12th century. There are books to share for anyone who

### **(Men & Women)**

*weekly meditation group for men and women in recovery from addiction*

Fridays, 7:30 pm - 9 pm

### **Hartford Street Zen Center**

57 Hartford Street

San Francisco, CA 94114

DIRECTIONS: Located between 17<sup>th</sup> and 18<sup>th</sup> Streets / Castro and Noe Streets one block from the Castro MUNI Station, the 33 and 24 bus as well as the F line,

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415.863.2507

Rev. Myo Lahey  
Practice Leader

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wants to join in.

**Sangha Council**

Saturday, January 5th. 12:30-2:30 pm

**Sewing Buddha's Robe**

Check our website

**Issan Dorsey Founder's Memorial**

Monday, Jan 7 @ 6:40 pm after zazen

**Board of Directors' Meeting**

Wednesday, January 9 @ 7:30 pm

**Full Moon Ceremony**

Saturday, Jan 26 @ 11:00 am after Dharma Talk

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